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Y2K.4 OCTOBER 1, 1999

INSIDE

DIALOG'S Y2K.4 ISSUE:

Did you know
there have been
student elections
going on this
month? Find out
all about the
candidates and
how to find out
who won. Read
Kim Leighton's
article on page
one.



MARK WEHMEYER
1st Year Rep Hospitality



MARK CONROY
1st Year Rep St. James



MICHAEL MOORE
1st Year Rep St. James

NEWS

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morning
announcements in
college. That's why
there is NAIL (News
And Information
Line). Phone 415-2900
then press 89111



DON SHAPIRO
1st Year Rep St. James



UDANA-LYNNE MULDOON
1st Year Rep St. James

STUDENT ASSOCIATION BOARD OF DIRECTORS POSITIONS STILL AVAILABLE...

VARSITY

New year, new
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the gyms and fields to
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STUDENT ELECTIONS

by Kim Leighton

Although the results of the Student Association election were not available when this issue of Dialog went to press, two of the above smiling faces will now be representing George Brown students on the S.A. Board of Directors. Congratulations to the winners and to the other candidates for having the energy and initiative to run so early in the year!

For those of you who thought about running and changed your mind, or wanted to run but missed the nomination deadline, there is another chance to get involved! The Student Association is accepting applications for the remaining seven positions on the Board of Directors.

The following positions are still available:

Creative Arts Representative,
Allied Health Representative,
Nursing Representative, Hospitality
Representative, Community

Services Representative for
Nightingale Campus, and First
Year Representatives for Casa
Loma and Nightingale Campuses.

To be eligible for a position, you must be an activity-fee paying student (full-time) within the academic area or in first year on the campus of the constituents you wish to represent. You must be eligible to continue in your program of study, and you are expected to continue your academic work during your term of office.

If you are interested in applying, you can pick up an application package at the Student Association office on your campus. Complete the application form and have ten students sign the nomination form. The deadline for applications is noon on Tuesday, October 12th.

You would then be expected to make a brief (3-5 minute) presentation at 6:30 pm on Wednesday October 13th at the Board of Directors meeting outlining your reasons for wanting to

be on the board.

That's all there is to it! If your application is accepted and you become a board member, you will have the opportunity to learn about the S.A. and what it does, and to make decisions on behalf of students. You will gain extremely valuable experience, which you will be able to apply to virtually any career.

Your role will be to serve as a liaison between your constituency and the S.A. Board of Directors. In this capacity, you will ensure that the students within your constituency are aware of the role and services of the Student Association. You will also share information concerning your constituency with the Student Association ensuring that their needs are being met and their issues are being addressed.

If you have any questions about applying please call the chief electoral officer, Kim Leighton at 415-2900 x89940.



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NEXT ISSUE

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Dialog is a Member of the Canadian University Press (CUP).

Contributions to Dialog are always gratefully accepted. Written work can be hand-written or in plain text (TXT). Images should be on Mac platform in EPS format (please specify if created on a PC or Mac platform). It is requested that you submit a hard copy of your work with the disk. Opinions expressed in Dialog are not necessarily those of the Dialog Collective, the Student Association of the University of British Columbia, or the Dialog staff. Dialog will not publish any material that attempts to incite violence or hatred against individuals or groups particularly based on race, national origin, ethnicity, colour, gender, sexual orientation, age or

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Casa Loma Tuesday October 5, 1pm

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 **Student Association**

diaLOG

east meets west

by Shareen Barker

So, how does it feel to be back in school? Some of you might feel a large jolt of shock, similar to when the dentist secretly changes the quiet metal pick to an electric chainsaw drill with coated cherry flavour. It does rate quite highly up there on the Richter scale. And then others of you are right now, as we speak, sparkling like champagne with good cheer and warm fuzziness, anticipating the friends to be made, and the assignments to be put off till May. It's a good time to be alive.

However you feel about coming back to school, nothing can prepare you for coming back to your own country!

I taught English in Japan for three years, and coming back to Canada was a massive culture shock. I stepped off the airplane, went to the bank, and was told with a grin by the teller that I had just bowed to her. Japan is full of bowaholics. Sometimes, they almost

bump foreheads. The cartoon lady on the bank machine screen also bowed to me. I too became a bowaholic. I bowed at the supermarkets, in crowds, in my car to people who let me pass, to the Intercom at the drive-through at McDonald's and naturally, on the phone. So, it took a while in Canada to say thank you with no visible head movement, as much as my neck muscles were raring to plunk my head down to my shoelaces.

I don't know if you've noticed this but in

Canada, people talk at such speeds that in Australia, they can feel the wind and smell the maple syrup. In Japan, people spoke English at reasonable speeds, such as ten words per minute, give or take a few millimutes for checking how to say "squirrel" in their electronic dictionaries. And believe it or not, synthetic Japanese voices pronounce "squirrel" in the same melodious way,

"sku ru ru", with a touch of an R2D2 accent. If it sounds like Sha Na Na, you get even higher marks on Japanese English exams. So, you can imagine my shock upon returning when people were speaking a megamile a minute. I wore out in five minutes. My ears

disintegrated into little piles of sound bites on the floor. I had to concentrate with the sharpness of a highly-tuned player in a crowded and smoky Bingo City.

I also had a food culture shock. In Japan, in pizza ads, I



constantly saw exciting delicacies, such as "Idaho Potato, Sausage, Onion, Corn, Mayonnaise and Chili Sauce" pizza (I am not making this up), as well as "Squid, Shrimp, Tuna Flake, Mushroom, and Green Pepper" pizza, and not to mention "Teriyaki Chicken, Mayonnaise, Asparagus, Onion, Corn and Mushroom" pizza and my favourite, Curry Rice pizza. And they

were priced at astronomical prices, such as \$30 for a small 4-slice pizza, so you knew it had to be good. So, when I came back to Canada, and saw how peacefully the pizza ingredients sat together with no cross-culture chitchat, I knew I wasn't in Kansas-anymore. I also noticed here at Baskin Robbins, you can't get chestnut or cherry blossom icecream. Nor at McDonald's can you get curry rice.

However, one thing, I didn't miss here was polite slurping. In Japan, it is polite and shows you appreciate your soup if you slurp it vigorously with plenty of Hoover sound effects. But, I somehow was stuck in Dustbuster mode, and couldn't let my slurpnoise slide. Although, once I gave such a great slurp, I'm proud of it to this day, and I splashed my glasses, my shirt and my eating companions with the resultant politeness. I was elected Miss Manners for the day.

So, now I have acclimatized. I speak quickly, don't bow to people, got rid of my vowel problem, and have no more yearnings for seaweed spaghetti or corn flake sundaes. But, I have one fault. I still bow to the bank machine.

the view from here Premium Services for Premium Students

by Allan Stokell

Recently, the Executive Director of the Student Association of George Brown College, Wayne Poirier, asked each full-time manager to report on their anticipated staffing needs for the coming year. This is a wise thing to plan for. As enrollment in the college fluctuates, our Student Association must always be prepared to live up to our motto "Premium Services for Premium Students".

It also is potentially a wish list, as every manager including myself would like more staff, more time for planning and greater involvement. The Dialog Collective, of which I am a member, already has fifteen volunteers and seven part-time staff members. We are proud producers of this tabloid as well as presenters of NAIL, our interactive news and information service. Providing this level of service requires a lot of labour and much of it simply cannot be charged back to the SA.

Our volunteers are the backbone of what we say and do. They assist at the Women's Centre, the Food Bank, in the Student Association Office, at the

Dialog Collective and at special events throughout the year. I venture to guess that if it were not for our student volunteers, the quality of service to our students would decline. At the same time, our student volunteers have additional time demands placed on them in the form of class time, assignments and sometimes part-time jobs. Occasionally, something has to give and part of our volunteer training includes information on how to cope, and friendly words that we understand how demanding college life is.

Wouldn't it be nice (bring up patriotic music), if our students could participate in college life and still find time for studying and assignments? Well, actually it is possible. It only requires cooperation. I see an English

teacher who assigns a project of writing a story for the Dialog.

Students who are active in certain programmes

could make them part

of practicum or

placements. All

I'm saying here is

that volunteerism

is an important

aspect of college

life and time-

pressed students

should receive

rewards for the

hours they spend

helping others.

This is one thing

that we can teach

in our college that

will stay with our

graduates all of

their lives. How

do we make this

happen? Well, I'd

say it will require

a lot of

cooperation

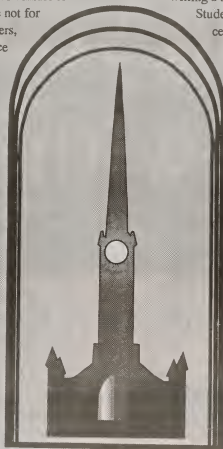
between the

college and students. I've tried for almost a year to get students credits for working at the Dialog and I have had only limited success. What's holding us back here? Is it lack of cooperation on the part of the college?

Is it distrust and animosity between students and staff? Is it because someone is apathetic?

We should reward students who are active in their community (our school) by awarding placements, practicum and the like. This way, the student would have more time to assist in the valuable task of building a student community. This important aspect of student life will be ignored at our peril.

So what do I write in my report to Wayne Poirier on future staffing needs? Instead of more staff for the Dialog Collective, I'm going to ask to expand our volunteer training programme. It's nice to have the people come out to help, but if they are not properly trained, they cannot reach their full potential. I believe that the key to running any business efficiently is proper training of the staff. Clients like well-trained staff too. They are more likely to be properly served and fewer complaints are filed. All businesses would like their clients to have a "warm-fuzzy" feeling when they think of them. Good word of mouth is one of the more effective and least expensive ways of promoting a service. Premium services for premium students.





college happenings

Stop the Violence

By Drew Sauveur

In my capacity this year as Vice President Casa Loma for the Student Association, I have many tasks. The most important, of course, is to do what the students elected me to do, and that is to represent the rights of students on this campus.

One of the other objectives that I have designated for myself is to start a serious anti-violence campaign throughout the college. Last year I was a first-year student. I was witness to, and heard of, numerous sexual harassment and assault cases that happened at this campus, and all around the college. This is simply not acceptable. I have been in touch with the non-for-profit organization "Men Against

Violence Against Women". Through them, I am attempting to set up an anti-violence campaign. The campaign at Casa Loma is entitled "Take back the Castle", and the campaign at St. James will be "Storming the Block".

My main order of business for this semester will be to set up a pancake breakfast during the white ribbon week, November 25-December 6. For this, I will need help. I am asking for anyone who would like to volunteer to make banners, to make pancakes, to help hand out flyers and so on, to call me at 415-4731.

Violence against women is not tolerable in today's society. Help me to raise awareness around the college, and improve the safety and awareness in the college environment.

Looking for Representatives of Sensible Drinking

by Elizabeth Antunes

As the George Brown College Student Association representative to BACCHUS, a campus organization aimed at encouraging responsible drinking. I am looking for students to assist with the planning and implementation of the BACCHUS Alcohol Awareness Week, held campus-wide from October 4-8. This week is not to

promote abstaining from alcohol, but rather simply, sensible drinking. Despite this week being the biggest of events surrounding alcohol awareness, there will be other events planned throughout the semester. Anyone interested in assisting me can come by the Student Association office, call me at (416) 415-2455 or (416) 415-2900 ext. 89074 or email me at elizabethantunes@hotmail.com.

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ALL YOU NEED TO KNOW ABOUT T.O.

Ryan Finishes His Regeneration Tour Across Canada

by Sharon Barker

For over two years, John Ryan dreamed of handycycling across Canada. In 1994, Ryan was in a terrible car accident and left paralyzed from the waist down. Despite being unable to walk, Ryan has now taken his cross-country dream and turned it into reality. On September 11, Ryan cycled into Whistler, BC, to the cheers of thousands of people. This was the end of a momentous journey that began May 1 in St. John's, Newfoundland. By sheer arm power alone, Ryan handycycled over 8,000 kilometres across 10 provinces. He covered approximately 96 kilometres a day. Ryan's ultimate goal was to help quadriplegics, who have no use of their arms or legs, by raising money for spinal cord research. Over 1 million dollars have been raised during the Regeneration Tour, and it will likely reach over 2 million dollars, once all the money have been collected.

Ryan has always been a motivated, hard-working man. After moving to Whistler from Mississauga, Ontario, where he grew up, Ryan was the top realtor in Whistler for 1993 and 1994. Even after his accident and five months in hospital, Ryan was again named top realtor, and has been in the top three ever since. Before Ryan's accident, he was a keen skier, windsurfer, golfer and hockey player. He still enjoys cycling, skiing and golfing. Ryan doesn't let anything stop him. He also volunteers to speak to school children about overcoming obstacles and achieving goals. He

suggests that students focus on what they can do, instead of what they can't do.

The idea of the tour came while he was handycycling two years ago.

"I was thinking how I could make a difference in the world. Life has been very good to me—but personally and financially—despite being confined to a wheelchair, and now it was time to give something back." Ryan felt motivated to help quadriplegics.



John Ryan

"I'm very fortunate to have full use of my upper body. There are so many people who require 24-hour care. They need help with getting out of bed, feeding themselves and going to the bathroom...picture yourself without the use of anything below your neck."

Canadian spinal cord regeneration research is among the best in the world. Researchers are extremely close to finding a cure for spinal cord injuries. Their aim is to find a way to make the nerves in an injured spinal cord "reconnect", or regenerate themselves. A cure could mean that quadriplegics would have use of their hands and be able to breathe on their own, without the need of a ventilator.

Real estate companies and many volunteers across Canada helped Ryan in his quest, by getting corporate and individual involvement in the tour. Ryan's wife, Penny, also helped a great deal, and wrote details of his tour daily on the tour web site. Ryan's parents, as well, were behind their son. His mother was very supportive and gave a lot of help, and Ryan's father drove behind him every kilometre of the way.

I heard about John Ryan through my mother, who is good friends with Ryan's mother.

When I heard about the Regeneration Tour, I was very impressed with Ryan's dedication and motivation. I once played the organ for his wedding, and since then, I've heard about many good stories about John Ryan. I admire his strength of character. Even after a tragic accident, which I'm sure must have been very devastating, he still continues to excel in whatever he does and enjoys life to its fullest.

Ryan has a lot of drive and persistence, even in the face of pain. Ryan's mother, Doris Ryan, told me how during the tour, Ryan developed very painful pressure sores from his sitting position. Nevertheless, despite the pressure sores, he was determined to continue. After Ryan's Whistler homecoming celebration, he stayed in the hospital and had his pressure sores attended to. Presently, he now can only sit up for two hours a day, until the sores heal.

Spinal cord injuries affect many people. According to statistics, more than 500,000 North Americans suffer from varying degrees of spinal cord injuries. An estimated 900 Canadians sustain a spinal cord injury each year and over half of those injured are between the ages of 16 and 28. On average, 80 per cent of those newly injured each year are

male. Car accidents and falls are the leading causes of injury.

Despite these grim statistics, Ryan has great hope. His mother says that he dreams of turning this year's tour into an annual fundraising tour, similar to Terry Fox's Run for Cancer.

At Ryan's homecoming celebration, Ted Nebbeling, the former mayor of Whistler, declared to Ryan, "You've made a difference in the lives of a lot of people and you will always be remembered." I too believe that Ryan will be remembered as a heroic

Canadian for his generosity and hard work. I think he'll also be remembered for his determination in fulfilling his dream to help other people.

If you'd like to know more about John Ryan's tour, you can find his web site at

www.RegenerationTour.org.

Or for more information, you can send e-mail to info@regenerationtour.org. If you'd like to make a donation

to the John Ryan Regeneration Tour, donations can be made at the Royal Bank across Canada, at Eddie Bauer stores, by telephone at 1-800-570-3222, or at the tour web site.

Ryan and spinal cord researchers say that spinal cord regeneration is no longer a question of "if". It is now a matter of when. Hopefully, that "when" will come soon.

Parts of this article were compiled from and thanks to John Ryan's tour web site, tour pamphlet, Mrs. Doris Ryan and the Whistler newspaper, the *Question*.



Ryan handycycled across Canada to raise money to help quadriplegics.

diaCYCLE Winter Cycling Tips

by Sarah B. Hood

There are usually only a few days in the winter when the snow is so thick on major roads that they are not easy to ride. If you do ride in winter, keep your bike as clean and well oiled as possible. Try to seal places where moisture can get in (like the top of your seat tube) by filling them with caulking or stuffing them with plastic. If you don't have fenders, this is a good time to consider trying them. You may wish to put thicker tires on the bike, or deflate yours to the lowest suggested pressure to give yourself more traction on slippery roads.

Visibility is worse in winter. You may be out much more often after dark, so lights, reflective gear and your helmet are doubly important. Don't underestimate the blinding effects of the low sun in the late afternoon. Wear sunglasses, and anticipate that you are invisible to cars when the low sun is at your back.

Cold is actually among the least of your problems. Generally speaking, since the exercise heats your body quickly, pay the most attention to your extremities. You need good mitts or gloves, but these need not be expensive. Chain drugstores carry padded gloves for under \$10 that will keep your hands warm in all but the worst weather and the longest rides. Extremely heavy-duty winter cycling gloves can cost close to \$35 at a bike or sports shop. Cross-country skiing gloves are also good for cycling.

You lose the most heat from your head, so protect your ears and face with a hat,

earmuffs or a headband plus a scarf, or with a cycling mask or balaclava that covers your whole face. Hoods don't work as well. (Make sure you can still hear clearly and that your headgear fits under your helmet. You may have to loosen the straps.)

Insulating helmet liners are available, and you may like to seal the holes in the helmet shell with packing tape. Your cheeks and lips will be grateful for a dose of lip balm or petroleum jelly, applied just before you set out. Many cyclists recommend goggles for winter wear.

Your feet are your next priority, and you will need to experiment according to your own riding conditions to find out what will keep them dry and warm. (The simple solution of double socks works for some people.) As for your body core, most Canadians now know that dressing in light layers keep you warmest and allows you to adapt to changing temperatures.

Overdressing is a common mistake for new cyclists - the rule is that if you're completely warm when you start to ride, you'll soon overheat as you begin to pedal vigorously.

These some tips to help you prepare for the cold weather season are republished by permission of the author from Practical Pedalling: A Companion for Everyday Cycling in Toronto by Sarah B. Hood. The book is published by Detour Publications, and is available in book stores and bike stores in downtown Toronto. (Hood rides all year round to George Brown's Casa Loma campus, where she is currently teaching a course about labour and the arts.)

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Visit the Hospitality Garden

By Shareen Barker

Perhaps last year, you walked into the Hospitality campus and noticed to your left a scruffy patch of crab grass, sporting the latest in rusty pop cans and a mosaic of cigarette butts. You probably didn't want to think much further about it, so you marched on. But now, all has changed! The collage of rusty pop cans and eroding butts has been transformed into a magnificent and beautiful vegetable and herb garden. The new Hospitality garden is located on the northwest corner of Adelaide and Sherbourne Street, just outside the Hospitality campus. It's a lush, fragrant spot where students, bumblebees, butterflies and birds can get together and admire the colourful shoots and fruits. Drop by sometime and check out the latest and ripest veggie!

This transforming story began with Carolyn Skelly. Ms. Skelly is a teacher in the Redirection through Education program. She explained to me, "This 10-month program is a joint effort through the Board of Education and the Ministry of Health to treat and educate people who have a connection with the mental health system. These students, mostly adults, are trying to get back into the mainstream and are looking for more schooling or employment." The idea of creating a garden began when Ms. Skelly grew concerned about students who were going hungry.

"I noticed that a lot of our students were going hungry, and it was affecting their mental health and their ability to be in school and to get as much out of the program as possible. I had applied for the Trillium Foundation Money for Lunch program and we talked about doing a community garden, so people could find out how food comes to us, and have some kind of experience in growing, harvesting and taking care of a garden."

Ms. Skelly discussed the idea with Dorothy Ellis, the former Chair of Administration, and Judith Halovanic, the Manager of Housekeeping and Security Services and they offered a site for the garden. Ms. Skelly also discussed the idea with her students who whole-heartedly approved, and they held a meeting to plan the details. Ms. Skelly was encouraged when she called George Brown College President, Frank Sorochinsky, and he suggested that whatever wasn't available in the college, she could go ahead and get. Donations came

in from companies like Urban Landscape who donated topsoil and did the tilling.

Before the main planting began, Ms. Skelly's students at Nightingale started some plants off. They made pots and

professor named David Wolfman. He teaches Aboriginal Cuisine and so we formed a partnership. A section of this garden is a Hospitality herb garden, with a

few vegetables as well. Our plan has been that at harvest time, the two programs would get together and harvest and make a meal together."

Professor David Wolfman discussed

how his garden came into fruition. "On one of our field trips with our

Aboriginal Cuisine students, we went to Sweet Grass Gardens, which is organic and non-pesticide. We worked

them back and put them in the garden."

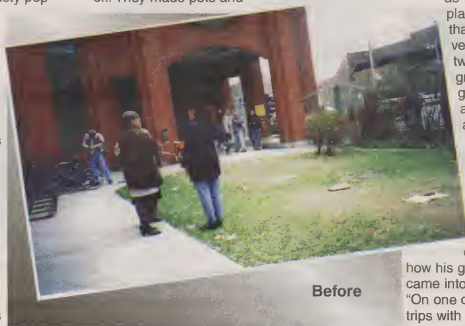
In his garden, he has sweet grass, sage, Jerusalem artichoke, heart, mint, garlic, and pepper among others, and some native herbs that the natives of Mr. Wolfman's Aboriginal Heritage students take part in a 35-week program, that is made up of courses such as the theory of food, food demonstrations, labs, and native culture and heritage, and topics such as cuisine wheels, dream catchers, star dances. It sounds like a very interesting program!

In the Redirection through Education section of the program, they have a blooming array of tomatoes, corn, broccoli, carrots, cucumbers, saffron, and other plants. Students are usually to maintain the garden. Skelly explained the benefits of the garden. "It wasn't just information about how this food grows, how it comes to us, how much effort it takes to get food on the table, but it was

very team-building kind of experience for the students between the programs as well."

The vegetable herb garden is appearing through the work of many people. Ms. Skelly is very appreciative of the support people gave her, particularly Dorothy Ellis, Judith Halovanic, Frank Sorochinsky, Kennedy, and David Wolfman.

If you go to the Hospitality campus, you want a relaxing spot to pop



Before

planted organic seeds in them and took them home to nurture. It was a great success. One student

looked after a record 50 tomato plants in her apartment! In mid-May, the carefully tended plants were brought in, and with the help of around seven students, planting began. Most of the planters didn't know about gardening, but with the help of some knowledgeable people and information from the Internet, the planting went smoothly. Ms. Skelly mentioned, "The planting was hard work, but it was a very good experience. It was very bonding for our students." The planters soon found a guardian angel for the garden in the form of Jim Kennedy, a support worker at the college, who vigilantly watered the garden, gave seeds and offered heaps of good information.

Ms. Skelly explained her goals: "We wanted the garden to be organic, and we wanted to be in partnership with the Hospitality campus. They were giving us the use of this land, and so I talked with a



During



After

there for a day and planted and resodded. While we were there, we purchased plants and brought

events, what better than the green and cheerful Hospitality garden you have to do is walk up, smell the roses and rub



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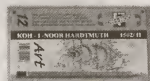


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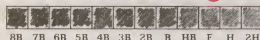
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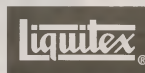


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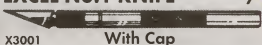
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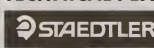


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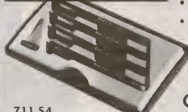
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Dear Torri,

my love life is the pits! I can't seem to work up enough nerve to ask many of the cute guys I see out on a date. I think I am a socially inept individual... wait, I know I am. Got any pointers for me??

Signed,
All alone and feeling blue

Dear Blue,
Do you shower?
Do you wear deodorant?
Do you know that acid wash jeans are not in?

Do you know how to order a de-caf, low fat, extra foam latte?
Do you know that farting in an enclosed space is not acceptable?

If you answered yes to most of these questions (particularly the first two) then you're not as socially inept as you seem to think you are.

There are two keys to getting past your perceived ineptitude:

Pay attention to the actions of those around you. They will tell you, albeit subtly, what they find disgusting about you, i.e., their noses crinkle up and they start to dry heave when you lift your arm to wave goodbye; and they will guide you to more socially acceptable behaviour through role modeling. So, pick someone who you would like to emulate and give it a shot. I am not suggesting that you become a carbon copy of this person or

give up the characteristics that are uniquely you, but rather that you do what he/she does well and what is not uniquely him/her. For example, if an classmate is

always getting dates and you notice that she tends to meet people by sharing funny tidbits around the proverbial cooler, then start working out some interesting stories that you can share. Use a friend to test your opening and evaluate your humour content.

Have confidence that you can become the person you want to be. Chances are huge that you possess some fabulous skills, information, and interests that people will want to know about. Know that anyone can change. Look at Ricky Schroeder for crying out loud!

I have been told on several occasions by men that it was my confidence that attracted them to me. Please remember that confidence does not translate to stupid arrogance. Please learn from my mistake. Most men are not attracted to

obnoxiously drunk hussies who, at a restaurant, believe that their recently pierced (read infected) navel should be viewed by the couple at the next table

who are celebrating their thirtieth wedding anniversary. Even a washboard stomach can't save you there. You can do it, Blue. Put yourself in situations where you will meet people who share similar interests so you have a starting point for conversation. Screw the little engine that could. Don't think you can. Know you can.



torridlove@hotmail.com

Dear Torri,

I love oral sex. There is nothing better than the feeling of being in someone's mouth. In my last relationship, we enjoyed it almost everywhere, from parked cars to lonely elevators. Once I got sucked off while I was talking to my mom on the phone. I expect that part

of a blow job is when I come in my partner's mouth.

Now I'm in this new relationship and my partner is more shy. If I want to ejaculate, I'm expected to wear a safe. Is this really oral sex? The feeling is completely different and I don't like it. It's like washing your feet with your socks on.

I'm starting to fantasize about forcing my kind of sex on my partner. I'm sure once they have tasted my cum, they will see it my way. What do you think?

Very Hard

Dear Very Hard,

Four things:

1. I'm a fan of oral sex too!
2. Let's tackle your selfish psychosis, shall we? Unless you define "forcing" as respectfully voicing your concerns and wishes regarding your distaste for the shaft graft with your partner, I'd stay away from force. Forcing your partner into any sort of sexual act is called rape. This is extremely bad. Hideous. Inexcusable. The upswing might be that they don't provide condoms for penitentiary inmates so you might get some good action in the joint.
3. Yes, it is really oral sex if you must wear a condom (pronounced con-dome by my mother).
4. Perhaps you should try a condom for your feet too if they're as offensive as your cum and attitude seem to be.

What You're Eating May Kill You

by Elizabeth Antunes

put down that slice of pizza and listen to this! Did you know that simple slice of pepperoni, mushroom and green peppers with added oregano could kill you? Look at it, a simple slab of dough with vegetables, meat and tomato sauce. What can be harmful about that? Plenty. Did you know that there might be peanuts in that slice? Or perhaps pesticide? That slice of pizza might be the victim of a growing trend of food companies—genetically engineered (GE) food. You're probably asking what GE food is and what it has to do with your cooling slice of pizza. GE food is food that has its DNA altered so that it will have a more positive response to pesticides and grow quicker. Essentially, it is a crossbreeding of species to develop or "improve" products, and because these products are not currently being labeled, you may be eating something you are allergic to without realizing it. Here is the scary reality:

- A study done at the University

of Nebraska showed that a cross between a soybean and a Brazilian nut lead to deadly allergies associated with the nut.

- In 1989, when a food supplement, engineered from bacteria, called "Tryptophan" was introduced onto the American market, 37 people died and 1,500 were left permanently disabled.
- Despite the staggering statistics, the Canadian government does not see any need to study the impact of genetically engineered foods.

Various organizations across Canada are calling for a Canadian policy banning the use of genetically engineered food and ensuring that any GE food is clearly labeled. Various youth across Canada are attempting to eradicate the use of GE food in their cafeterias, as I will be doing at George Brown College. If you are interested in getting more information or finding out how you can get involved, please feel free to call me at (416) 415-2455, (416) 415-2900 ext. 89074 or e-mail me at elizabethantunes@hotmail.com.

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Mom's Guide to Studenthood

by Boni

Welcome to George Brown, new students. Welcome back to my previous readers. For those who don't know me, I'm Boni and I write columns on a regular basis here at Dialog. In fact, I like this newspaper better than I like my courses... I am a cantankerous, middle-aged woman so I get to write advice columns. Since I'm old enough to have voted in many elections, my wondrous editors actually allow me to have my off-the-wall political/social opinions and rants. Gotta love that "freedom of the press"!

Well, here is a bit of a survival guide I've constructed from my experiences here at GBC.

1. When you run out of cigarettes (and you will run out...), go hang out at the coffee shop directly across the street. There's always a wall of nicotine smuggling up the place. Remember your Zen training. Inhale deeply.
2. Some people have the mistaken belief

that students survive solely on Kraft Dinner. Wrong. It takes too long to cook. We exist marginally on a quick-fix menu. Peanut butter and tuna are the protein supplements of the academic diet. When you receive your OSAP, make sure to buy 5 cases of tuna and 2 gargantuan kilo tubs of peanut butter. Kilo jars of jam for carbohydrate fuel are optional, as are rice cakes, crackers and/or bread. Don't forget to purchase a mega-sized plastic jug of stress-tab vitamins.

3. Learn to beg. Pride is unbefitting to your newly acquired student status—you could easily croak of malnutrition before your eight months are up. NEVER turn down a free dinner even if you hate the menu. Cottage cheese lasagna sucks—more than a Hoover—but death by starvation will negatively affect your grade-point average.
4. Learn to hand-wash your laundry ahead /of time. There's nothing more disturbing to your intellectual development than rushing off to class enduring below-zero temperatures

when you haven't had time to blow-dry your underwear.

5. Save a large percentage of your income for coffee. My coffee budget is twice my food budget. Never turn down free coffee. Save up those little coffee cards for emergencies. If you don't understand why, wait until October, then I won't need to tell you, you'll know!
6. Don't bother buying a lock. Lockers are only there to provide free study space for over-achievers. Just buy a very big book bag at Goodwill. Unless you are heavily into chronic tardiness, you will never see the inside of your locker after the first week at school.
7. Choose your friends wisely. Anyone who wants to spend time with you is not going to last through the long haul. After you've been in school for a month, guests who insist on visiting longer than fifteen minutes will be as welcome in your house as a roach infestation.
8. To save you emotional turmoil, I will add the following advice. "Putting your life in balance" while you are going to

school is a load of bulls**t invented by some New-Age fruitbat who makes scads of money from the terminally insecure. You will feel perpetually exhausted, emotionally drained and continually behind schedule. This is normal. Do not panic. This is known as "Job Readiness" and is a hidden agenda of the academic curriculum. By the time you get out, you will be ready to work since you will be cordially sick of school...

Good luck in your first year, colleagues.

May The Farce Be With You.



Carrying the banner, members of the LGBTB join other Student Association staff and executive at the 10th annual AIDS walk.

the OUTbeat column will return next issue

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What's new?

by Sabrina Denomme

WOW...the first month is over already. The chaos is slowly turning into a comfortable norm and students can begin to process all of the information that was thrown at them in the first two weeks. So let's review what is going on in the Athletics Department.

First and foremost, for those who haven't yet had a chance to scope out the facilities, you should take a trip to the sixth floor.

The weight room has had a makeover, with several new cardiovascular and APEX machines. The best part is that it is free for students. All that is required is a short fitness test, which can be done at any time while the gym is open.

GBC Athletics also offers students the opportunity to compete in several sports throughout the school year. Students have the option of playing competitively for a varsity team or just for fun with an intramural team. If the team atmosphere

does not quite appeal to you, try any of our various recreational activities, such as tai chi, aerobics, table tennis, jogging, tennis, badminton, chess, or dominoes.

Varsity Team Update

Men's and women's soccer didn't waste any time getting into action. Early game results predict that GBC has two teams that are going to be fierce competitors. On Thursday, September 16, both teams traveled to Mohawk for their first league game. The men played strongly at both ends of the field but narrowly lost 2-1. Although the women's team experienced a 3-0 loss against the defending champs, coach Warren Green was pleased with the style of play and determination of the team.

For all interested students, the cross country team is still in search of members. The team meets on Thursdays at 4:00 at Casa Loma. For further information, don't hesitate to call Sheky Yew Woon at 415-4627.

The men's baseball team started the year off in winning style by competing in the first ever "Classic Pitch" tournament held at the skydome. The experience was something that each of the guys will remember for the rest of their lives. Especially since they battled back from a 6-0 deficit against Wilfred Laurier to win 8-6. In league play, GBC has split two double headers against York and U of T. The coaching staff is extremely impressed with the way the team has come together after only a few games.

Love...exciting and new...come aboard...wait, this is not a review of popular TV shows of the 70s but rather reviews of movies sharing a common theme... LOVE! I'm referring to flights of fancy, romantic dinners, lingering looks and mushy movies. She thinks that love is much overrated but sickeningly enough, He is in love with life and a certain someone, so these critiques may be a bit skewed. Regardless, we have identified a few flicks that you may want to watch if you enjoy affairs of the heart.

Playing By Heart

Starring: Gena Rowlands, Sean Connery, Gillian Anderson, Jon Stewart, Angelina Jolie, Ryan Phillippe, Dennis Quaid, Madeline Stowe, Jay Mohr.

She said: This movie was cute. A movie about a glimpse into the lives and hearts of different couples, and how they are all intertwined. Couples meet, couples talk about love and why they can't do it, or don't have it, or need more of it, or got burned by it, or...like I said, a cute movie. I did get a toothache a few times due to the increased amount of saccharine found in the dialogue. I mean, the scene in which Jolie and Phillippe profess their love for one another (as if that is giving anything away...did

you think she would be hooking up with James Bond?) is in fact, bordering on the ludicrous. The cast of characters, though, is excellent and it is fascinating to see the play between Rowlands and Connery. They alone are enough reason to see this movie. They alone make all this love nonsense seem possible.

Grade: B-

He said: In the true spirit of "love", Playing By Heart remains true to itself by including all those key elements a truly great and successful romantic flick should include: a mountain to conquer, trials and tribulations, and copious amounts of cheese. Oh yes, there were traces of some of the finest, grade A cheese ever consumed on screen. And no, not a pizza was eaten.

What does all this mean? A great date movie where the characters are interesting enough to overlook the severe side-splitting cheesy love moments that the audience is inflicted with. Maybe I'm being a bit harsh, but the sight of the fiercely beautiful pairing of actors Ryan Phillippe and Angelina Jolie, in a new Volkswagen bug, after just coming from a rave bar, (see where I'm heading?) spouting mozzarella and limburger-scented dialogue is a bit...to use a

"nice" word...hilarious! But, all in all, the actors were able to pull it off, which, with this particularly bad basket of dialogue, was no easy feat.

Special mention is needed to the fine, and most believable relationship in the film: Sean Connery and Gena Rowlands. Also, Dennis Quaid, though a bit batty for the most part, turned in a fine performance as well...good thing, Dennis, it's been a while.

Grade: B-

Some Kind of Wonderful

(at video stores...since the 80s)

Starring: Eric Stoltz, Lea Thompson, Mary Stuart Masterson and Craig Sheffer.

She said: This movie is about "almost" unrequited love. Note I say "almost". It is one of those movies that gives me hope for the future. That is why I watch it about every three weeks. Gives me a little lift, should I require it.

Even though: Eric Stoltz plays a guy on the wrong side of the in-crowd, not to mention the wrong side of the tracks; his best friend is a tomboy named Watts (Masterson) who is desperately in love with him; he is in love with a girl nobody thinks he can

have (Thompson); and, to top it all off, his dream of an art career is not as important as his father's dream of a college education. Hopeless, huh?? Not so! I don't want to give away the movie...but regardless, the ending is happy. It all works out for everybody (well, not everybody, but...) in the end. Just like life, right???? You bet!

Grade: B+

He said: The 80s: Pop Rocks, Cyndi Lauper, New wave and John Hughes films. Sugar is sweet as they say. In good form, Some Kind of Wonderful is one of the stand out movies from an all together great decade of fun!

The movie centers around...what else (it's the 80s remember) ... high school and the relationship quandaries that arise for the rich boy, poor boy...we all want to have the beauty queen from the wrong side of the tracks conflict. However, an interesting addition to this concept is the involvement of Mary Stuart Masterson. NOT, as the quiet and meek girl next door (in love with the hero but he doesn't know it), BUT, as the bad ass drummer chick (who wears boxers, red leather gloves with fringe and carries her drum sticks everywhere just waiting for the perfect beat). Now that my friends, is cool. Ahhh...the 80s. They are still all so simple.

Grade: A-

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